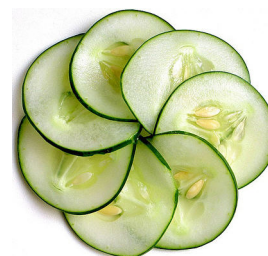


Healthy Snack Guide: 100-200 Calories Each

**** Indicates snack is a good source of protein (5 grams or more per snack)**

***Go to Fruits and vegetables as your snacks daily**

- ****Low fat cottage cheese (4 oz. individual pack) with:**
 - an individual fruit cup (no sugar added; in natural juices or water)
 - cinnamon and Splenda® or Stevia® or 1 teaspoon of honey/sugar
- ****Yogurt (note: Greek style yogurt typically contains 2x protein content)**
 - 6 oz. low fat/ non-fat, light yogurt or low fat plain yogurt
 - 4 oz. low fat/non fat yogurt and 1 tablespoon nuts or PB2® (powdered peanut butter)
 - 4 oz. low fat/non fat yogurt and a handful of berries
- Packet of lower sugar oatmeal; try ****Kashi® Go Lean vanilla, Think Thin**
- 1 cup of UNSWEETENED Applesauce; sprinkle with cinnamon
- ****Banana with 2 tablespoon PB2® (powdered peanut butter)**
- ****Drinkable low fat yogurt or low fat Kefir (choose lower sugar options)**
- ****1 cup of regular soy milk or 1% fat milk**
- Frozen Fruit
- Fruit cups (packed in water or own juice)
- 100 calorie bags of kettle corn popcorn
- ****Kashi® or Simply Protein bar or Think Thin Fiber or Nature Valley Protein bar**
- ****Apple with 1 Tablespoon of peanut butter or 2 Tablespoons of PB2®**
- ****High fiber cereal (1/4 cup) with 4 oz non fat/low fat yogurt OR ½ cup skim or soy milk**
- Think thin fiber bar, Luna bar, Kashi bar, Pure bar, Quest bar
- ****Pear or apple with 2 Laughing Cow® low-fat cheese Wedges**
- ****1 Laughing Cow® low-fat cheese Round with Apple**
- ****Fruit & Nut KIND® bar**
- Low sodium V8® (4 -8 ounces)
- Artichoke hearts out of the can (rinse to reduce sodium content)
- ****String cheese (individual portion, 50-80 cal) with favorite non-starchy veggies**
- ****Whole grain English muffin (~100 cal) and ¼ avocado**
- La Tortilla Factory® 100% whole grain or Corn tortilla or 100% whole grain pita (~100 cal) and hummus(2 tablespoons)
- ****Low fat cottage cheese (4 oz. individual serving) with salsa**
- ****1 hard-boiled egg or 2 egg whites with 1 whole grain sandwich thin (~100 cal)**
- ****Turkey slices (3), tomato/cucumber/mustard**
- Cucumbers and hummus or salsa
- Baked chickpeas with spices
- ****Celery with peanut butter**
- Grimmway Farms® “carrot dippers”
- ****Nuts (e.g. walnuts, cashews, almonds, pepitas) – ¼ cup (no/light salt;~180-200 calories) or 100 calorie packet (Planters® or Diamond®)**
- ****Edamame (1/2 cup shelled = 130 calories)**
- ****Soynuts (1/4 cup)**
- Jicama slices with lime
- ****100 calorie snack pack of Hummus with veggies (e.g. peapods, grape tomatoes, celery or baby carrots)**
- ****Cucumbers with Laughing Cow® Cheese (2 wedges = 70 calories)**
- Broccoli/Cauliflower with low fat dressing (2 Tbsp. 80 calories)



- Kashi crackers or Nut thins (15 crackers) with 1 Laughing Cow Light Swiss® cheese wedge
 - Other whole grain cracker options: RyKrisp®, Wasa®, Ak Mak®, Special K
- Skinny Pop® or Orville Redenbacher® (100 calorie) mini bags of popcorn

Calorie Controlled Savory and Sweet Snacks

(100- 200 calories each)

Processed snacks are everywhere in our environment! These foods are typically very high in calories, unhealthy fat, sodium, sugar and refined grains. Limit these choices to 1 or less servings per day.

Sweeter Snacks:

- 100 calorie packets of cookies (all major food brands have these on the market)
- 100-150 calorie frozen treats
 - Skinny Cow® fudge bars, ice cream sandwiches or cones (140-150 calories)
 - Edy's® Whole Fruit bars (80-120 calories) or No Sugar Added variety (20-30 calories)
 - Edy's® Outshine coconut water bars (~60 calories)
 - Trader Joe's® fruit flos bar (80 calories)
 - Healthy Choice® fudge bar (80 calories)
 - Stonyfield® Oikos Organic Nonfat Greek Frozen Yogurt (1/2 cup = 90 calories)
 - Halo Top® or Enlightened® Protein ice cream (1/2 cup = 70-90 calories)
 - Diana's Bananas® (1= 130 calories)
 - Smart Ones® Desserts (140-220 calories)
 - Tofutti® bars (130 calories)
 - Weight Watchers® Desserts (1 or 2 points)
 - Sugar-free popsicles (~45 calories each)
 - Yasso Yogurt bars (90-100 calories)
- Sugar-free Pudding cup
- Sugar-free Jell-O® cup with ¼ cup (1 dollop) low fat whipped topping (Tru-Whip)
- VitaTops® muffin (100 calories)
- **Snack bars (> 5 grams protein and fiber)**
 - Atkins®
 - SouthBeach® diet Bar (100-120 calories)
 - Trader Joe's® Fiberful Bars
 - Slimfast® Snack Bar (120 calories)
 - Glucerna® Snack Bar (mini =90 calories, regular = 150 calories)
 - Fiber One® Chewy Bars (Oats and Peanut Butter OR Oats and Chocolate = 140-150 calories)
 - Orgain® Organic protein bar
 - Think Thin Fiber bar
 - Kashi or Gnu Fiber Love

Crunchy Snacks

- Harvest Snaps® Pea Crisps (~120 calories/serving)
- Soy Crisps (~150 calories for 1.75 oz bag)
- Rice cakes
- Special K cracker chips
- Kashi® Whole Grain crackers
- Skinny pop (individual bag ~100 calories)
- Trader Joe's broccoli sprouts or kale chips
- Quest protein chips

